

NEEDHAM

Park & Recreation

Winter/Spring 2020



Children • Youth • Teens • Adults • Seniors • Special Events

Welcome to Winter/Spring 2020

An invitation to people of all abilities!

People of all abilities are encouraged to participate in the programs and services provided by the Needham Park and Recreation Commission. Every effort is made to integrate participants with disabilities into the programs allowing for a successful recreational experience.

WINTER/SPRING REGISTRATION BEGINS ON WEDNESDAY, DECEMBER 4, 2019 AT 9:00AM

Register online, in person, or by mail

Park and Recreation **does not** accept any registrations by phone.

Online:

www.needhamma.gov/pronlinereg

In Person:

Park and Recreation Office
178 Rosemary Street

By Mail

Send in your completed registration form and payment to the Park and Recreation Office - Attn: Registration

Registration Notes

- See Registration Policies located on the last page.
- There are no guarantees for any method of registration, so choose the method most comfortable to you.
- Remember to put your name on the waitlist if a space is not available; no payment is collected for space on waitlist.
- All programs are offered to Needham residents on a first come, first served basis, including students in the Needham Public Schools' METCO program.
- **Scholarships** may **only** be processed by mail or in person.
- **Credits** may be used online.

Park & Recreation Commission

Christopher J. Gerstel, Chairman
Cynthia J. Chaston, Vice-Chairman
David C. DiCicco
Michelle S. Geddes
Matthew M. Toolan

Director—Patty Carey

Assistant Director—Angela O'Connor

Administrative Specialist—Kristen Wright

Recreation Supervisor—Chris Burnham

Administrative Assistant—Kimberly Parsons

The Park and Recreation Commission typically meets the 2nd and 4th Monday of each month.

Park & Recreation Office

Rosemary Recreation Complex
178 Rosemary Street, Needham, MA 02494
781-455-7930

Open Monday—Friday, 8:30am—5:00pm

Excluding observed Holidays

Special thanks to Adam Witham for the Winter/Spring cover designs, including "Parker" our official department mascot!

Adam is a local Graphic Designer, and he can be contacted at adwitham@aol.com for all graphic design needs.

Stay Updated with Park and Recreation



Notify Me is a notification system that will send you an e-mail or text message when new information is posted on the Town of Needham website, including recreation program updates, field status updates and ice depth updates!!

1. Go to the Town of Needham website at www.needhamma.gov and click on the 'Notify Me' box on the left hand side of the webpage.
2. Enter your e-mail address (or cell phone number for text messages)
3. Select e-mail type, HTML or Text
4. Select box for RECREATION INFORMATION and/or FIELD STATUS
5. Click the SUBSCRIBE button

Like us on Facebook! Follow us on Instagram and Twitter!



www.facebook.com/NeedhamRecreation



@needhamandr



@NeedhamPandR

KIDS NIGHT OUT

Give yourself the night off and treat your child to a supervised night out of fun and interactive games, unique craft projects, a pizza dinner, dessert AND a movie!

Age: 3—10 years old
(Birth Certificate required for all 3-5 year olds)
Sessions: SEE BELOW
Time: 5:30—9:00pm
Location: Rosemary Recreation Complex
Limit: 50 participants (min. of 20 required)
Fee: \$25 per participant/session | 1 day event

Friday, January 10
Movie: Mary Poppins Returns



Friday, February 7
Movie: Secret Life of Pets 2



Friday, March 6
Movie: Frozen 2



Friday, April 3
Movie: Aladdin



Friday, May 1
Movie: Toy Story 4



LEGO MAKE IT—TAKE IT CHALLENGE

Be a part of designing, creating and building solutions with LEGOs! Every class kids will be given a LEGO engineering challenge. They will then take part AND take home the LEGO creation that they designed and constructed! Join in on the fun and register for 1, 2 or all 5!

Age: 5—9 years old (Grades K-3)
(Birth Certificate required for all 5 year olds)
Sessions: SEE BELOW
Location: Rosemary Recreation Complex
Limit: 10 participants (min. of 5 required)
Fee: \$50 per participant/session | 1 day event

Sunday, January 12
1:00 – 3:00pm
Theme: Amazing LEGO Maze

Sunday, February 2
1:00 – 3:00pm
Theme: Minifigure Underwater Rescue Challenge

Friday, March 27
3:30 – 5:30pm
Theme: Balloon Powered Car

Sunday, April 12
1:00 – 3:00pm
Theme: LEGO Volcano

Sunday, May 17
1:00 – 3:00pm
Theme: Extreme Shelter

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PARENT TALK CAMP FAIR

Most parents have plenty of questions about summer camps. There are so many camps to choose from, and it is hard to know which one will best meet your family's needs.

It can be overwhelming! Where do you begin?

Parent Talk hosts an annual Summer Camp Information Fair to help parents simplify their search for a local summer camp. The Camp Fair will provide parents an opportunity to meet with representatives from area summer camps and assess how their programs meet the needs of their children and family. For more information, please contact campfair@parenttalk.org.

Thursday, January 23, 2020 | 6:30—8:30pm
Rosemary Recreation Complex
More Information: www.parenttalk.info



FUTURE SCIENTISTS & ENGINEERS

Come on a learning journey and join in on the fun! Exploration, discovery and wonder await your imagination in this science class. Get ready to have a unique, fun and engaging experience! Activities are all hands-on and most experiments you will be able to take home to show your family and friends! **Activities include:** Glow in the Dark Slime, Building a Catapult and MORE!!
Led by Diane Benson, M.Ed.



Age: 3.5—5 years old (*Birth Certificate required*)
Session: Mondays, January 13—March 9
Time: 12:45—1:45pm
Location: Rosemary Recreation Complex
Limit: 8 participants (*min. of 5 required*)
Fee: \$155 per participant | 7 week session

MAD SCIENCE

This program will be a hands-on exploration of sights, sounds, nature and more! Optical illusions, the secret component to white light and hidden rainbows. Discover dinosaurs and how a chemist knows what to mix together to make a reaction. Imagine what it's like in outer space and explore the inner space of the human body. There is so much to discover and learn in the world of Mad Science!



Age: 5—8 years old (*Grades K—2*)
Session: Tuesdays, January 7—March 3
Time: 4:00—5:00pm
Location: Rosemary Recreation Complex
Limit: 15 participants (*min. of 10 required*)
Fee: \$135 per participant | 8 week session

NETGEN—YOUTH TENNIS PROGRAM

Net Generation is the official youth tennis program of the USTA, celebrating a game where no one ever sits on the sidelines. Tennis is a game that is easy to learn and tailored for kids of all ages and abilities. Racket required.



Age: 5—13 years old
(*see Times below*)
Session 1: Tuesdays, January 7—February 4
Session 2: Tuesdays, February 25—March 24
Times: 6:30—7:30pm Ages 5—7
7:30—8:30pm Ages 8—13
Location: Pollard Middle School Gyms
Limit: 25 participants per session (*min. of 6 required*)
Fee: \$60 per participant/session | 5 week session

Ice skating lessons

Get on the ice this Winter/Spring with Park and Recreation's Ice Skating Lessons! We offer 3 levels of lessons, please review the level descriptions below.

Age: 5 years old and up
Birth Certificate required for all 5 year olds
Session: Tuesdays AND Thursdays,
March 3— March 19
Level/Time: SEE BELOW
Location: St. Sebastian's School Ice Skating Rink
Equipment: Single blade skates and helmets
required (*No rentals are available*)
Fee: \$45 per participant | 3 week session

PENGUIN LEVEL

- ◆ Has never skated before and/or needs assistance standing and moving on skates
- ◆ ALL five year old's must register for Penguins
- ◆ Single blade figure or hockey skates required



Times: 3:30—4:00pm OR 4:00—4:30pm
OR 4:30—5:00pm
Limit: 3:30 class—20 participants
4:00 class—15 participants
4:30 class—15 participants

SNOW LEOPARD LEVEL

- ◆ Consistent, basic skating skills: can stand on skates, fall and get up, forward march and glide.
- ◆ Will work on refining basic skills, snow plow stop, gaining confidence and speed.
- ◆ Single blade figure or hockey skates required



Times: 3:30—4:15pm OR 4:15—5:00pm
Limit: 3:30 class—20 participants
4:15 class—15 participants

POLAR BEAR LEVEL

- ◆ Refined, confident hockey skills: can glide forward and backward, perform sculling and stop in hockey skates.
- ◆ Will work on different stops, turns, crossovers, edges and increased speed.
- ◆ Single blade hockey skates ONLY



Time: 4:15—5:00pm
Limit: 15 participants

NASHOBA VALLEY SKI AND SNOWBOARD PROGRAM

REGISTRATION ENDS ON TUESDAY, DECEMBER 10 AT 5:00PM

Whether you prefer skis or boards, we invite you to join us for six weeks on the slopes! With optional one-hour lessons and approximately 2.5 hours of practice time, all participants are in for some fun! Bus transportation and supervision are included. Rentals are also available from the facility (*See below for pricing*).

Age: 10–15 years old

Session: Saturdays, January 4–February 8

Time: 7:15am–1:15pm

Location: Pick up from Public Service Administration Building
Parking Lot

Limit: 35 participants (*min. of 20 required*)

Fee: W/ LESSONS: \$525 per participant | 6 sessions

W/O LESSONS: \$490 per participant | 6 sessions

RENTAL EQUIPMENT (for 6 weeks)

\$125 per Ski OR Snowboard RENTAL

\$45 per person per helmet RENTAL

\$60 per person to PURCHASE a helmet

THE PRE-FIT MEETING IS

TUESDAY, DECEMBER 10th FROM 6:00PM–7:30PM
at the Park and Recreation Office.

FLOOR HOCKEY WITH MA SPORTS LEAGUE

Back by popular demand! Join us for weekly floor hockey tournaments with the staff from MA Sports League. Participants will learn and practice proper puck handling, passing and shooting.

Age: 8–13 years old

Session 1: Mondays, January 6–March 9

Session 2: Mondays, March 16–May 11

Time: 6:00–7:00pm

Location: Pollard Middle School

Limit: 20 participants per session (*min. of 8 required*)

Fee: \$125 per participant | 8 week session

POWERPLAY DODGEBALL WITH TERRIERS SPORTS

Kids love the fast-paced action, throwing, catching and of course dodging balls in this classic game. Teams are organized by grade and styled with team shirts. Teams also enjoy a tournament for the coveted Terriers Dodgeball Bucket.

Age: 8–12 years old

Session: Wednesdays, February 26–March 25

Time: 6:00–7:00pm

Location: Pollard Middle School

Limit: 44 participants (*min. of 12 required*)

Fee: \$135 per participant | 5 week session

INTRO TO ARCHERY WITH ON THE MARK ARCHERY

Relax and take aim for your target and feel the thrill of the success when your patience and concentration pays off. All equipment is provided. Led by certified USA Archery and National Field Archery Instructors.

Age: 8–16 years old

Session: Thursdays, January 16–February 6

Time: 6:30–7:30pm

Location: Pollard Middle School

Limit: 16 participants (*min. of 8 required*)

Fee: \$110 per participant | 4 week session

INTERMEDIATE ARCHERY WITH ON THE MARK ARCHERY

Add on to the basics with Intermediate Archery lessons! Completion of Intro to Archery is recommended but not required. All equipment is provided. Led by certified USA Archery and National Field Archery Instructors.

Age: 8–16 years old

Session: Thursdays, March 5–March 26

Time: 6:30–7:30pm

Location: Pollard Middle School

Limit: 16 participants (*min. of 8 required*)

Fee: \$110 per participant | 4 week session

GIRLS ON THE RUN

Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their confidence and celebrate all that makes them unique.

Age: 8–10 years old (*Grades 3–5*)

Session: Sundays & Thursdays, March 15–May 21

Time: 3:30–5:00pm

Location: DeFazio Park Track

Limit: 18 participants (*min. of 8 required*)

Fee: \$235 per participant | 12 week session

HEART AND SOLE

The Heart & Sole curriculum is rich with themes girls can relate to addressing the whole girl—body, brain, heart, spirit and social connection—and building important life skills such as team building, boundary setting, decision making and more.

Age: 11–13 years old (*Grades 6–8*)

Session: Sundays & Wednesdays, March 15–May 20

Time: 3:30–5:00pm

Location: DeFazio Park Track

Limit: 12 participants (*min. of 8 required*)

Fee: \$235 per participant | 12 week session

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Early release day programs

GRADES K-5

Our staff will meet participants at each school and transportation will be provided from each school to the event. At the end of the event the bus will return all participants to the Rosemary Recreation Complex for pick-up.

Age: 5–10 years old (*Grades K–5*)

Session: SEE BELOW

Time: Directly after school—5:00pm

Limit: 30 participants (*min. of 20 required*)

Fee: \$65 per participant/event | 1 day event

GRADES 6-8

Participants will be picked up at Pollard Middle School and transportation will be provided from Pollard to the event. At the end of the event the bus will return all participants to Pollard Middle School for pick-up.

Age: 11–13 years old (*Grades 6–8*)

Session: SEE BELOW

Time: 11:30am—5:00pm

Limit: 30 participants (*min. of 20 required*)

Fee: \$65 per participant/event | 1 day event

WEDNESDAY, JANUARY 15

GRADES K-5

Knucklebones will be coming to the RRC for an afternoon of innovative games!

GRADES 6-8

We will travel to XtremeCraze in Woburn for an afternoon of inflatable fun, laser tag and an arcade.

WEDNESDAY, JANUARY 29

GRADES K-5

Both groups will be traveling to SkiWard for an afternoon of tubing and hot chocolate!

****Please note that participants must be at least 42" tall to go tubing****

GRADES 6-8

WEDNESDAY, FEBRUARY 12

GRADES K-5

Both groups will travel to the new Warrior Ice Arena in Brighton, practice facility of the Boston Bruins, for tour of the facility and some ice skating (skate rentals included)!

GRADES 6-8

WEDNESDAY, MARCH 4

GRADES K-5

We will travel to Altitude Avon in Avon for an afternoon of trampoline fun!

GRADES 6-8

We will travel to Boda Borg in Malden for an afternoon of questing!

WEDNESDAY, MARCH 18

GRADES K-5

We will travel to Land's Sake Farm in Weston for an afternoon of learning about maple syrup!

GRADES 6-8

We will travel to Rock On Adventure for an afternoon of rock climbing, bouldering, and a zipline!

WEDNESDAY, APRIL 1

GRADES K-5

The team from Mass Audubon—Moose Hill will join us at the RRC for an outdoor exploration!

GRADES 6-8

We will travel to Apex in Marlboro for an afternoon of laser tag, bowling and time at the arcade!

WEDNESDAY, MAY 6

GRADES K-5

Both groups will travel to Launch Trampoline Park in Watertown for an afternoon of sky fun trampoline fun! Pizza lunch will be included!

GRADES 6-8

WEDNESDAY, MAY 20

GRADES K-5

We will travel to LEGO land in Somerville for LEGOtastic afternoon of fun!

GRADES 6-8

We will travel to Urban Air in Bellingham for an afternoon of thrills!

WEDNESDAY, JUNE 3

GRADES K-5

We will be traveling to Broadmoor Wildlife Sanctuary in Natick for an afternoon of outdoor exploration and ponding!

GRADES 6-8

We will be traveling to TreeTop Adventures in Canton for an afternoon of rope climbing high in the sky!

vacation programs

SNOWY DAYZ

WITH PARK AND RECREATION

Join Park and Recreation at the RRC this vacation week for fun games and activities! Come for a single day or the entire week (4-days) - and join us for a full day or a half day in the morning!

Age: 5—10 years old
Dates: Tuesday, February 18—Friday, February 21
Full Day: 9:00am—4:00pm
Half Day: 9:00am—12:00pm
Location: Rosemary Recreation Complex
Limit: 40 participants per session (*min. of 12 required*)
Weekly Fee: Full Day—\$150 per participant | 4 day session
Half Day— \$70 per participant | 4 day session
Daily Rate: Full Day— \$45 per participant | 1 day session
Half Day— \$20 per participant | 1 day session

SPRING DAYZ

WITH PARK AND RECREATION

Join Park and Recreation at the RRC this vacation week for fun games and activities! Come for a single day or the entire week (4-days) - and join us for a full day or a half day in the morning!

Age: 5—10 years old
Dates: Tuesday, April 21—Friday, April 24
Full Day: 9:00am—4:00pm
Half Day: 9:00am—12:00pm
Location: Rosemary Recreation Complex
Limit: 40 participants per session (*min. of 12 required*)
Weekly Fee: Full Day—\$150 per participant | 4 day session
Half Day— \$70 per participant | 4 day session
Daily Rate: Full Day— \$45 per participant | 1 day session
Half Day— \$20 per participant | 1 day session

HOOP IT UP

Spend your February break learning new basketball skills or brushing up on old ones! Dribbling, passing, shooting and defensive skills will be emphasized. Daily scrimmages to put your skills to the test! *FEBRUARY VACATION ONLY*

Age: 7—13 years old
Dates: Tuesday, February 18—Friday, February 21
Time: 9:00am—12:00pm
Location: Pollard Middle School
Limit: 30 participants per session (*min. of 12 required*)
Fee: \$115 per participant | 4 day session

THUNDERCATS SPORTS JAM

Basketball, soccer, floor hockey, dodgeball, ultimate football, and every crazy game you can think of! Thundercats Sports fills these 4 days with loads of fun!

Age: 7—11 years old
February: Tuesday, February 18—Friday, February 21
April: Tuesday, April 21—Friday, April 24
Time: 9:00am—4:00pm
Location: High Rock School
Limit: 30 participants per session (*min. of 12 required*)
Fee: \$205 per participant/session | 4 day session

LEGO MASTER BUILDERS

Create your own LEGO adventure where you are the Master Builder! Building models from your own imagination is creative and endlessly fun! There are no limits to what you can build. Each child will have the opportunity to use many different minifigs, blocks, bricks, base plates and more! The LEGOs stay, but the memory is yours forever! Each participant will go home with a framed phot of themselves and their creation to show friends and family! *Please send your child with a peanut and tree-nut free snack and drink.*

Led by Diane Benson

Age: 5—9 years old (*Grades K—3*)
February: Friday, February 21
Theme: Jurassic World
April: Friday, April 24
Theme: Super Heros & Local Heros
Time: 9:00am—12:00pm
Location: Eliot Elementary School
Limit: 15 participants per session (*min. of 5 required*)
Fee: \$50 per participant/session | 1 day session

AMERICAN GIRL DOLL CREATE & PLAY

Bring your special friend (does not have to be an American Girl Doll—feel free to bring a favorite stuffed animal if you choose) to this workshop for several hours you will both enjoy! What you make and take home will lead to several hours of continued play and enjoyment at home! *Please send your child with a peanut and tree-nut free snack and drink.*

Led by Diane Benson

Age: 5—9 years old (*Grades K—3*)
February: Friday, February 21
Theme: Slumber Party
April: Friday, April 24
Theme: Ice Cream Stand
Time: 1:00pm—4:00pm
Location: Eliot Elementary School
Limit: 30 participants per session (*min. of 12 required*)
Fee: \$55 per participant/session | 1 day session

ADULT YOGA

Join us and end your day with stretching, balancing, strengthening, and relaxation in our Adult Yoga class.

Age: 17 years old and up
Location: Rosemary Recreation Complex
Limit: 30 participants per session (*min. of 5 required*)
Fee: \$40 per participant/session | 8 week session

Mondays with Jennie

Jennie will lead you through a relaxing practice that is the perfect way to end your Monday.

Winter: Mondays, January 6—March 9
Spring: Mondays, March 23—May 18
Time: 5:30pm—6:30pm

Wednesdays with Verna

The 6:45pm class is a relaxing practice focusing on the Sun A sequences. The 8:00pm class is appropriate for those students who are comfortable doing the Sun A & Sun B sequences but desire some refinement of the postures as well as the introduction of additional poses.

Winter: Wednesdays, January 8—March 4
Spring: Wednesdays, March 18—May 13
Times: 6:45pm—7:45pm OR 8:00pm—9:00pm

NEW

WATERCOLOR WORKSHOP

WITH THE NEEDHAM ART ASSOCIATION

Through the application of wet-on-wet washes, participants will learn to achieve luminous light effects and lush darks with transparent watercolor. We will begin with middle value to create paintings that exude instant atmosphere. The evocative beauty of utilitarian objects – transformed when infused with light – will be the focus. This workshop is designed to enhance creative and technical skills. Participants will paint from direct observation. Some previous watercolor experience is helpful. Led by Professor Irena Roman.

Irena has received many awards of distinction in the United States and across the globe. Adding to her distinguished career in painting and illustration, she is a Professor at the Massachusetts College of Art and Design, Boston.

Age: 17 years old and up
Session: Saturday, February 29
Time: 9:30am—4:00pm
Location: Rosemary Recreation Complex
Limit: 12 participants per session (*min. of 6 required*)
Fee: \$115 per participant | 1 day event

BREATHE & STRETCH TO UNWIND

This class is to provide space to “just be in the moment”. Participants will learn various stretching and breathing techniques in a relaxing and nonjudgmental atmosphere, and a guided imagery meditation to allow you to learn and implement this practice throughout a busy day! Led by certified instructor Brenda Considine-Miskin

Age: 17 years old and up
Winter: Wednesdays, January 8—March 4
Spring: Wednesdays, March 18—May 20
Time: 5:30pm—6:30pm
Location: Rosemary Recreation Complex
Limit: 15 participants per session (*min. of 6 required*)
Fee: \$85 per participant/session | 8 week session

DANCE & STRETCH TO UNWIND

This is a class designed for participants to be their true authentic selves, through a mix of fun and inspirational music! It's a variety of Shake Your Soul®, participants own creative dance, ballet stretching, Yoga, Qi Gong and meditation.

Led by certified instructor Brenda Considine-Miskin

Age: 17 years old and up
Winter: Tuesdays, January 7—March 3
Spring: Tuesdays, March 17—May 12
Time: 6:00pm—7:30pm
Location: Rosemary Recreation Complex
Limit: 15 participants per session (*min. of 6 required*)
Fee: \$105 per participant/session | 8 week session

ADULT OUTDOOR TENNIS LESSONS

Tennis is a great sport for all ages. Join us as a beginner to learn the game all the way up to intermediate where you can polish your strokes and serve.

Beginner Level: For those without any prior tennis playing experience.

Advanced Beginner Level: For those able to execute all strokes, including serve with some consistency. Focus will be on improving serve, court coverage and match play.

Intermediate Level: For those with a lot of experience who understand all aspects of the game but would like to become more consistent.

Age: 17 years old and up
Session: Thursdays, April 30—May 28
Times: 9:00am—10:00am—Beginner/Ad. Beginner
10:00am—11:00am—Ad. Beginner
11:00am—12:00pm—Intermediate
Location: Mills Field Tennis Courts
Limit: 15 participants per session (*min. of 6 required*)
Fee: \$75 per participant/session | 5 week session

ADULT GOLF LESSONS

Come learn the game of golf or improve your skills with our Adult Golf Lessons! Two levels will be offered on two different days! Proper clothing and some clubs required, contact the Golf Club for more information.

Beginner Level: For those without any prior golf playing experience or those that haven't picked up the clubs in a while!

Advanced Beginner Level: For those that have golfed before but are looking to improve their skills.

Age: 17 years old and up
Session 1: Tuesdays, April 28—May 26
Session 2: Wednesdays, April 29—May 27
Times: 5:30pm—6:30pm—Beginner
6:30pm—7:30pm—Ad. Beginner
Location: Needham Golf Club
Limit: 7 participants per session (*min. of 4 required*)
Fee: \$110 per participant/session | 5 week session

SENIOR EXERCISE

Three different classes, three different teachers, all with one goal: to help men and women aged 50 or older stay fit in an enjoyable, social and supportive setting

Age: 50 years old and up
Location: Rosemary Recreation Complex
Limit: 30 participants per session (*min. of 5 required*)
Fee: \$30 per participant/session | 8 week session

Mondays with Judi
Judi gets your blood pumping and your body moving in her rhythmic aerobic workout!

Winter: Mondays, January 6—March 9
Spring: Mondays, March 23—May 18
Time: 9:00am—10:00am

Wednesdays with Shirley
Shirley's great tunes and fun packed hour of floor work, free weights, and center work will get you fit in no time!

Winter: Wednesdays, January 8—March 4
Spring: Wednesdays, March 18—May 13
Times: 9:30am—10:30am

Fridays with Maureen
Maureen is bringing the energy, fun and power of Zumba to the seniors of Needham!

Winter: Fridays, January 10—March 6
Spring: Fridays, March 20—May 22
Times: 9:00am—10:00am

SENIOR YOGA

Join Judi in a class of gentle stretching and relaxation during which traditional Hatha yoga postures will be used and tailored for the senior population! Increase flexibility, balance, and stretch with some quiet meditation and relaxation. Participants should bring a yoga mat.

Age: 50 years old and up
Winter: Mondays, January 6—March 9
Spring: Mondays, March 23—May 18
Time: 10:00am—11:00am
Location: Rosemary Recreation Complex
Limit: 30 participants per session (*min. of 12 required*)
Fee: \$30 per participant/session | 8 week session

SENIOR GOLF LEAGUE

Come score a hole in one with our Senior Golf League! Each week you'll be paired with a new competitor. Will you be the overall winner this season? Previous experience is necessary with a 9-hole score of 72 or less.

Cannot commit to the whole season? Sign-up to be a substitute!

Age: 50 years old and up
Session: Tuesdays, April 28—July 14
Time: First group tees off at 9:00am and the last group tees off at 10:30am
Location: Needham Golf Club
Limit: 64 participants per session
Fee: \$280 per participant | 12 week session

SENIOR INDOOR WALKING

Stay fit this winter by Walking with Sharon! Our walkers meet every Tuesday, Wednesday and/or Thursday at 3:00pm. Call the Park and Recreation office for more information or stop by the office to register!

NEEDHAM TENNIS COURT BADGES

for the 2020 Season will go on sale starting:

MONDAY, MARCH 2, 2020

Badges are required for all public court use at Mills Field, Newman School and Needham High School Tennis Courts from March - October each year.

INDIVIDUAL RATE: \$30
FAMILY RATE: \$45
SENIOR RATE: \$15

NEEDHAM GOLF CLUB PUBLIC HOURS

Please visit <http://www.needhamgolfclub.com/residents-guide.html> to view the Resident Guide or call the Club at 781-444-5548.

SUNDAYS AND MONDAYS

3:00 PM - Closing



TUESDAYS

8:00 AM - Closing




Winter safety tips


SAFE SLEDDING TIPS

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- Examine area for hazards such as trees, rocks, and “man-made” jumps.
 - Dress properly, protecting hands, feet and your face from the cold.
 - Check sled before use. Do not use sleds without a method of control.
 - Sled on snow-packed hills with at least one other person. Do not sled on ice!
 - Keep your head at back of sled and wear a helmet.
 - ***DO NOT build snow jumps!***

OUTDOOR SKATING

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- Ice is tested on weekdays by the DPW Parks Division once there has been a lengthy freeze.
 - Ice depths are not checked during winter storms and clean-ups.
 - Signs posted at each location must be observed.
 - Current ice depths and skating conditions are posted on the Park and Recreation website, under ‘Outdoor Skating and Sledding’ (www.needhamma.gov/parkandrecreation) and on our Facebook Page (www.facebook.com/NeedhamRecreation)

SAFE SKATING TIPS


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- Always skate with at least one other person.
 - **Skate on areas with 6 or more inches of black ice.**
 - Remove loose objects from ice surface.
 - Skate in well-lit areas only. *Lights are currently available at the Reservoir and Horsford on weekends, holidays and over school vacations, when there is at least 6 inches of black ice!*
 - Hockey players should be careful skating near young children. Hockey is not permitted at the large pond at Horsford.

OUTDOOR SKATING

Ice is tested on weekdays by the DPW Parks Division once there has been a lengthy freeze. Ice depths are not checked during winter storms and clean-ups. Signs posted at each location must be observed.

Current ice depths and skating conditions are posted on the Park and Recreation website, under ‘Outdoor Skating and Sledding’ at www.needhamma.gov/parkandrecreation and on the Park and Recreation Facebook page www.facebook.com/NeedhamRecreation

OUTDOOR SKATING LOCATIONS



HORSFORD: on Central Avenue—across from RTS, at entrance to Town Forest.


FARLEY: on South Street, 3/10 mile from Chestnut Street intersection—on right

RESERVOIR: 470 Dedham Avenue—behind the Public Services Administration Building.

WALKER-GORDON: on Charles River Street, 2/10 mile from Central Avenue—on right.

ROSEMARY LAKE: **CLOSED FOR THE SEASON DUE TO CONSTRUCTION!**

SPORTSMAN: on Great Plain Avenue, between Central Avenue and Marked Tree Road behind the brick water pump station building.



Winter/spring 2020

WE ARE HIRING!

Needham Park and Recreation is accepting applications for program instructors and Early Release Day chaperones.

Applicants must be a minimum of 16 years of age. Applications can be found online at www.needhamma.gov/ParkandRecreation

WE WANT YOUR IDEAS!



Do you have great program ideas for the Needham Community?

We'd love to hear from you!

Email parkandrecreation@needhamma.gov

TAKE A HIKE!

Time to get outside and smell the fresh spring air! The Needham trails are a great way to get exercise and are perfect for the whole family! Trail maps can be found on the Town website—www.needhamma.gov/Trails.



Tuesday, December 31, 2019
10:00am—Midnight

Visit newyearsneedham.org for the event schedule and locations to purchase event buttons!

March 2020—19th Annual Needham Unplugged!

Created by Needham Youth & Family Services, Needham Park and Recreation & Charles River YMCA, Needham Unplugged is an awareness campaign and a reminder that there is more to life than what is on the other side of the plug. The activities emphasize person-to-person interaction, health, and wellness and are for all Needham students and families. Keep an eye out for this year's calendar of events coming soon!

SAVE THE DATE

Saturday, April 4th, 2020

Needham Park & Recreation along with the Needham History Center & Museum are planning a commemorative walk (Needham 1775) to remember the efforts of the Needham militia which joined the battle to repel British attacks on Lexington and Concord in 1775.

This is a great community-wide event bringing citizens together to learn about our history, test themselves on a 12.2 mile trek, and honor those who fought for our freedom. More information to come!



Summer 2020

SUMMER VOLUNTEER PROGRAM

Youth ages 11 and up are welcome to volunteer at the Park and Recreation Summer Programs and the Pools at Rosemary Recreation Complex

The volunteer information booklet will be available beginning

WEDNESDAY, APRIL 1, 2020

Volunteer information booklet can be picked up at the Park and Recreation Office OR download and print online by visiting www.needhamma.gov/ParkandRecreation and selecting the "Volunteer" option in the left-hand menu.

REGISTRATION WILL BEGIN ON WEDNESDAY, APRIL 8 from 5:00—6:30pm



ARE YOU THINKING ABOUT WORKING WITH US THIS SUMMER?!

Applications can be found online for all summer employment opportunities with Park and Recreation. Applicants must be minimum of 16 years old.

www.needhamma.gov/ParkandRecreation

Lifeguards must be Red Cross Certified and the American Red Cross offers classes throughout the entire year!

Don't wait—get certified today!

redcross.org/take-a-class/lifeguarding



**SAVE
THE
DATE**

2020 SUMMER REGISTRATION

2020 PARK AND RECREATION SUMMER
PROGRAM REGISTRATION WILL BEGIN ON

WEDNESDAY, APRIL 15, 2020 AT 9:00AM



2020 Pools at Rosemary Season Memberships

Information about the 2020 Memberships to the Pools at the Rosemary Recreation Complex will be out soon!

Information will be posted on our website—www.needhamma.gov/PoolsatRRC and on our social media accounts:

Facebook: www.facebook.com/NeedhamRecreation (Main Page)
www.facebook.com/RosemaryRecreationComplexNeedham (Pool News)

Instagram: www.instagram.com/NeedhamPandR

Twitter: www.twitter.com/NeedhamPandR



A year in review



ON TO 2020!

PROGRAM REGISTRATION FORM

GENERAL INFORMATION

Last Name: _____ Today's Date: ____ / ____ / ____

Address: _____
No. Street City State Zip

E-mail Address: _____ Main Phone: _____ (Home/Work/Cell)

Alt Phone 1: _____ (Home/Work/Cell) Alt Phone 2: _____ (Home/Work/Cell)

Emergency Contact Name : _____ Phone: _____

PARTICIPANT #1 INFORMATION

Name: _____

Date of Birth: ____ / ____ / ____

Allergies or Medical Concerns: _____

PROGRAM #1: _____

SESSION/WEEK: _____ TIME/DAY/LEVEL: _____

PROGRAM #2: _____

SESSION/WEEK: _____ TIME/DAY/LEVEL: _____

PROGRAM #3: _____

SESSION/WEEK: _____ TIME/DAY/LEVEL: _____

PARTICIPANT #2 INFORMATION

Name: _____

Date of Birth: ____ / ____ / ____

Allergies or Medical Concerns: _____

PROGRAM #1: _____

SESSION/WEEK: _____ TIME/DAY/LEVEL: _____

PROGRAM #2: _____

SESSION/WEEK: _____ TIME/DAY/LEVEL: _____

PROGRAM #3: _____

SESSION/WEEK: _____ TIME/DAY/LEVEL: _____

I, the registered participant or parent of the registered participant, declare that I intend to use some of the activities, facilities, programs or services offered by the Town of Needham. In consideration of being allowed such use, by agreeing below, I do hereby waive, release, and forever discharge the Town of Needham, its officers, employees, agents, representatives and all others acting on its behalf from any and all claims or causes of action (known or unknown) for any and all injury, illness, damage or loss that may occur to me, my children or my property as a result of my participation in any aspect of the activities, facilities, programs and services offered by the Town of Needham.

I agree that my participation or the participation of my child/children in any and all activities, facilities, programs, and services provided by the Town of Needham is strictly voluntary. I further agree that I assume full responsibility for my participation or my child's/children's participation in such activities, facilities, programs, and services provided by the Town of Needham and I assume any and all risk of injury, illness, damage, or loss that might result. I also agree to assume all risk of damage, loss, or theft to or of any of my personal property.

By signing this WAIVER AND RELEASE, I acknowledge that I have read and understand its contents, and agree to be bound by the terms of thereof in its entirety.

Print Name: _____ Signature: _____ Date: ____ / ____ / ____

(THIS AREA FOR MAILED REGISTRATIONS ONLY!)

Payment must accompany completed, mailed-in registration form in order to be processed.

Method of Payment:

Check - Make payable to Town of Needham - Park & Recreation

Cash or Money Order

Credit Card - (Please circle one) VISA MasterCard Discover

Credit Card Number: _____

Expiration Date: ____ / ____ CVC Code: (on back of card) _____

Cardholder's Signature: _____

MAIL TO:

Registration

Park & Recreation
178 Rosemary Street
Needham, MA 02494

**We do NOT accept
fax registrations.**

GENERAL INFORMATION

NEEDHAM PARKS, PLAYGROUNDS & ATHLETIC FIELDS

Needham is experiencing an overwhelming number of requests for field space for many youth and adult sports, with many parks seeing an increase in the number of people, cars, and trash. In order to keep our children and parks safe, we ask that everyone visiting a Needham park or field follow these guidelines:

- **Pick up and dispose of trash properly.** Trash attracts bees and wild animals.
- **Trash is picked up by truck so barrels need to be located at entrances.** If barrels are full, please remove your trash from the site. Some school sites do not have barrels due to the number of students with allergies to bees.
- **Report any unsafe field conditions** immediately to a league supervisor or the Park and Recreation Department.
- **Park in designated areas.** If parking on the street is necessary, park in a manner that will allow emergency vehicles to access the fields and neighboring homes.
Parking in fire lanes, in crosswalks, and in front of fire hydrants is illegal and unsafe!
- **Be considerate** of all park neighbors, leaving enough room for access to driveways, and do not park on their lawns.

NEEDHAM SPORTS ORGANIZATIONS

ALL Youth Sports Organizations in Needham are non-profit, volunteer-run organizations providing sports playing opportunities for Needham youth.

See the **2020 Needham Youth Sports Organization Brochure** at the Park and Recreation Office **OR** visit our website at www.needhamma.gov/ParkandRecreation and select "Sports Contacts" from the left hand side of the page.

HOW TO RESERVE A FIELD OR PLAYGROUND/TOT-LOT

Call or stop by the office. If the date chosen is available, a permit will be given, and must be signed. A fee is charged for some field uses. Individuals may use the tot-lots at all times, but large groups should reserve space to avoid conflicts with other groups.

LOCATIONS INCLUDE:

Broadmeadow —Broadmeadow Road	Claxton —Central Avenue
Cricket —Hillside Avenue	DeFazio —Dedham Avenue
Eliot —Wellesley Avenue Ext.	Greene's —Pickering Street
Mills —Hampton Avenue	Mitchell —Brookline Street
Newman —Central Avenue	Perry —Beaufort Avenue
Riverside —Riverside Street	Williams —Central Avenue

PLEASE NOTE:

- Bathrooms are available at DeFazio and Claxton.
- **Greene's Field Playground can not be permitted.**
- School playgrounds are not available during school hours.

SPORTS KIT RENTAL

Two Sports Kits are available for residents to use from the Park & Recreation Office.

PLEASE CALL THE OFFICE IN ADVANCE TO RESERVE A KIT!

Items can be rented on an individual basis, or the entire kit costing no more than \$20!

REGISTRATION POLICIES

REGISTRATION LIMITS

Registration limits are set to comply with building code regulations as well as staff/participant ratios. See individual program descriptions for specific limits. We reserve the right to cancel classes or programs that have not met the required minimum.

AGE REQUIREMENT OF PARTICIPANTS/BIRTH CERTIFICATES

All participants **MUST** be noted age by first day of session. All children ages 5 and under must have a birth certificate registered with the Park and Recreation Office. This is a one-time only requirement. Mail a copy or bring one by – it will be given right back to you. **Registrations for participants 5 and under are not complete without a registered birth certificate.** *If you were living in Needham when the child was born, copies are available at the Needham Town Clerk's Office in Town Hall. Park and Recreation CANNOT access the Town Clerk's records directly.*

CREDITS/REFUNDS

The Commission has a NO REFUND policy unless the program is cancelled or there are special circumstances. In most cases, CREDITS are given and do not expire. All requests need to be submitted to Park and Recreation **in writing** to the Park and Recreation office or to parkandrecreation@needhamma.gov.

CHANGES TO REGISTRATION

To make a change in your registration, call (781) 455-7930. Messages can be left when the office is closed. If space is available, changes will be made. Additional payments may be required if fees are different and due within the time required by the office. Credits will be given to the family account when the fee is less than original payment.

NON-RESIDENT REGISTRATION

Non-Residents may register the **Wednesday before** a program begins, if space is available, unless otherwise noted in brochure.

FINANCIAL ASSISTANCE/SCHOLARSHIPS

Available to Needham residents, only. Call (781) 455-7930 for more information. **Register in person or by mail ONLY.**

SPECIAL NEEDS PROGRAMING

Call (781) 455-7930 for questions about integration. Contact *The Charles River Center* for specialized programming for all ages at (781) 972-1018.

TRUST FUND FOR PARKS

Make a donation on your registration form or write a separate check in honor of your favorite park. All gifts will be placed in the Trust Fund for Parks, and will be used for park improvements. Call (781) 455-7930 for more details.

LOST AND FOUND

Please call (781) 455-7930 if you've lost an article at a Park & Recreation park. Found items should be dropped off at the Park & Recreation Office.

FREE COMMUNITY EVENTS

SPRING TOWN-WIDE CLEAN-UP DAY

Sponsored by: Needham Park and Recreation Commission and DPW Parks and Forestry

Come celebrate Earth Day with us! Join your neighbors as we clean up the town from the harsh winter. Supplies will be provided at the Rosemary Recreation Complex. We ask that you pre-register with the number of participants so that we can have enough supplies. Have a favorite park or trail that you'd like to give a little extra TLC? Let us know so we can assign you there!

**Saturday, April 25, 2019
8:30am—12:00pm**



All ages welcome!! Youth under 12 must be accompanied by an adult.

Coming with a group? Email Park and Recreation (parkandrecreation@needhamma.gov) with the total number of people, and we will arrange your clean up site before April 13th.



FAMILY FISHING FESTIVAL



**Saturday, May 2, 2020
9:00am - 12:00pm
Needham Reservoir**

Pre-registration recommended as only a limited number of fishing rods will be available to borrow!
Bait will be available.

This FREE event is made possible by:

Needham Park and Recreation Commission, Mass. Division of Fisheries and Wildlife, and many wonderful volunteers!



TOUCH THE TRUCKS!

Celebrate National Public Works Week!

Saturday, May 16, 2020



Ever wondered what it would be like to climb into the sewer truck, an excavator, or a front-end loader?
Little kids (and little kids at heart) are invited to climb into the Town of Needham's DPW trucks!!

Drop by anytime between 10:00am and 12:00pm
at the DeFazio Park Parking Lot (*next to the Tot Lot*) on Dedham Avenue.

FREE admission to this FUN family event is made possible by: The Department of Public Works and Park and Recreation Commission



PLUGGED IN NIGHTS



It's open mic night at the Rosemary Recreation Complex! Join us for a fun night of music and community!

Friday, February 28

Friday, March 27

Friday, May 6

Join us between 6:30—9:30pm at the Rosemary Recreation Complex for this **FREE** evening of local entertainment!